



The Official Bright Line Eating Cookbook: Weight Loss Made Simple

Susan Peirce Thompson

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New York Times best-selling author offers a one-of-a-kind program to help readers finally become happy, thin, and free!

Sustainable weight loss expert Susan Peirce Thompson builds on the success of her Bright Line Eating Boot Camps and best-selling book with: *The Official Bright Line Eating Cookbook!*

The Official Bright Line Eating Cookbook is designed to help readers transition to this transformative way of life as smoothly and solidly as possible. The first book gave explicit instructions as to what the guidelines for each meal are, but no specific suggestions as to what to actually cook. This book provides recipes, as well as tons of tips, tricks, and tools culled directly from the Bright Line Eating community, the "Bright Lifers" themselves!

Because Bright Line Eating is unlike any food program out there, this cookbook will be unlike any seen before. It's broken down by warm bowls, cold bowls, and plates. There will be a large section on salad dressings--because Bright Lifers live and die by their dressing! Note: there will not be any "cheat" foods, because those foods keep addiction alive in the brain, slow weight loss, and leave you vulnerable to old habits.

Special features:

- 75+ delicious recipes
- Guidance for getting started and staying the course
- Tips and tricks for getting the most from the plan
- Jaw-dropping before-and-after stories and photos from successful Bright Lifers
- and more!

This will be an invaluable companion to the first book, and, for some, an entry into Bright Line Eating and an entirely new way of eating.

The Official Bright Line Eating Cookbook: Weight Loss Made Simple Details

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349 pages , Published October 22nd 2019 by Hay House Inc.

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Naomi Campbell says

I like the simplicity of this book, the color, the truth and the inspiration from all the people who contributed to this book. I love the charts of the foods and where they stand and their measurements, and how this re-explains living Happy, Thin and Free (See Susan's other book) more thoroughly. I have been a no-sugar, no-flour person for 313 days but over the summer had gained back the 10 pounds I lost in the first month or two of BLE eating, because I wasn't measuring my foods and committing to three meals a day. I just got the cookbook, I'm using it and literally READING it, and am fully committed to doing this for life. My breakthrough was the mental part and the SLEEP I GET EVERY SINGLE NIGHT NOW, but whatever you need with your brain or your scale, please give this book a try and find out more about the BLE movement. This book even has like a year of meals and takes all the decisions/work out of it so you can make it happen!

Sarah says

Susan makes it sound so easy to give up sugar, flour, and snacks.

Diane Costello says

Bright Line Eating allowed me to lose 30 pounds in 6 months. I've kept it off for 3 months and now ready to continue and lose 20 more pounds and enjoy living in my "right size body." I thought that was impossible when I first read her book. No sugar, flour, snacks??? What? Weigh my food? Seriously? But wow yes, the new words in my vocabulary, automaticity, NMF (not my food), and lifestyle lessons that have nothing to do with what I eat every day have been life changing. This cookbook has delicious photos of what it can look like when you are not eating sugar and flour. At first it seems like you are giving up so much, all your favorites, but my tastebuds CAME ALIVE once I started eating this way. The menu ideas are great and I love the real people success stories and pictures throughout the book. Thank you Susan Pierce Thompson for creating this community. I'm not an official "Bright Lifer" nor did I join a "Boot Camp." But I do enjoy her weekly vlogs in my email and follow lots of BLE hashtags on instagram for motivation and inspiration. I highly recommend this cookbook and seeking out the BLE community if you are serious about getting your health back.

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From reader reviews:

Christi Ross:

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Jonathan Ouzts:

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Elaine Harvey:

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Brian Robinson:

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